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HALIFAX • MONDAY, MARCH 16, 2009

metro

Local

pg 2

City goes  
green for  
St. Paddy's  
Day  
Parade

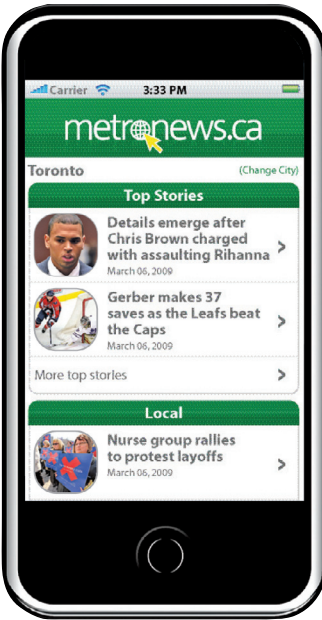


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Jodi Brown, Metro's interactive director

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## QMJHL Mooseheads finish off season with a win



Halifax defenceman Pascal Amyot, centre, and the rest of his Mooseheads teammates salute the crowd at the end of their 6-3 victory over the Acadie-Bathurst Titan in the final game of the Herd's season yesterday. Despite the win, the Mooseheads finished in last place overall in the QMJHL and missed the playoffs for only the second time in their 15-year history. Story, pg 11.

# Crash recovery to proceed slowly

10 to 13 bodies sighted in helicopter wreckage in ocean

**Recovery crews at the site of Thursday's Cougar helicopter crash off the coast of Newfoundland recovered one body yesterday from the wreckage at the sea bottom.**

Mike Cunningham, lead investigator with the Transportation Safety Board (TSB), said in a news briefing yesterday afternoon that they were able to see about 10 to 13 bodies in the fuselage which is resting on its side about 178 metres below the surface.

The one body that was brought to the surface is now on board the Atlantic Osprey, the ship from which the remote-operated vehicles (ROVs) are being sent down to the wreckage. Another body, that of 26-year-old Allison Maher of Mount Pearl, N.L., was

### Victims of Thursday's chopper crash

- Ken MacRae, 47, of Greenwood, N.S.
- Tim Lanouette, 48 of Comox, B.C.
- Thomas Anwyll, 46, Langley, B.C.
- Peter Breen, 55, of St. John's, N.L.
- Gary Corbett, 46, of Conception Bay South, N.L.
- Wade Drake, 42, of Fortune, N.L.
- Wade Duggan, 32, of Witless Bay, N.L.
- Colin Henley, 38, of St. John's, N.L.
- Derrick Mullenwey, 51, of Bay Bulls, N.L.
- Burch Nash, 44, of Fortune, N.L.
- Paul Pike, 49, of Shearstown, N.L.
- Allison Maher, 26, Aquaforte, N.L.
- Corey Eddy, 32, Paradise, N.L.
- The names of the remaining four casualties are not being released at the request of family members.

pulled from the water shortly after the crash Thursday. Of the 18 people on board, only one survived.

Cunningham said rescue crews would be working throughout the day trying to carefully remove the bodies.

That's a change in direction from Saturday when the TSB said it would try to

bring the fuselage, and any bodies in it to the surface. However, upon observations by two ROVs, rescue crews fear the fuselage may not stay intact, thus the decision was made to try to carefully remove bodies before attempting to retrieve the wreckage.

The downed Cougar helicopter had been taking workers to offshore oil plat-

forms — Hibernia and SeaRose — Thursday morning when the pilot radioed he was turning back after he lost oil pressure in the helicopter's gearbox. A short time later a mayday was received and the pilot indicated he was going to ditch the helicopter in the ocean.

A Provincial Airlines flight preparing for an offshore ice reconnaissance patrol was on scene within minutes, officials said.

The Provincial pilot reported seeing the Sikorsky chopper floating upside down in the water. The helicopter later sunk.

Over the weekend, the RCMP released the names of 13 casualties, including one Nova Scotian.

ST. JOHN'S TELEGRAM, WITH FILES FROM METRO NEWS SERVICES

### Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Comment & Views  
• Wise words for rough times from Anne Hines, pg 6

Tomorrow  
• How musicians and music labels are dealing with the economy.





# Local



## Happy with health care

Most Atlantic Canadians are hunky-dory with the quality of health care. A recent poll by Corporate Research Canada shows 84 per cent of Nova Scotians are satisfied with health-care services they received in the past year. That's up from 76 per cent in a similar poll in May 2008.

**METRO HALIFAX**

## Bus driver rushes protest

Driver pulls over vehicle to attack fake seal, witnesses say

**JON TATTRIE**  
for Metro Halifax

**A Metro Transit driver baffled anti-seal hunt protesters in Halifax Saturday, stopping his bus full of passengers to run across Spring Garden Road and club a fake seal in front of the Public Gardens, witnesses said.**

Jenny McLeod was on the No. 1 around noon. She said the driver had been grumbling about Metro Transit's run of bad press before pulling up across from the protest. "Something struck him," she said, and he sprinted across the busy street to attack the stuffed animal.

"Everyone was kind of laughing insecurely," McLeod said. "It was hilarious, but also quite bizarre."

"I don't think he supported our cause," said one of the two dozen baffled protesters. Metro Transit could not be reached for comment, but an inspector was on the scene taking statements.

A Metro Transit driver made news last week when it was reported he wouldn't

allow a Muslim woman wearing a niqab onboard. The activists Saturday were marking the International Day of Action against the controversial seal hunts.

"We're here to remind the Canadian government there is a huge body of opposition to the commercial seal hunt in the very region the killing occurs," said Bridget Curran, director of Atlantic Canadian Anti-Sealing Coalition.

"It's inhumane, it's ecologically irresponsible and it's economically unnecessary."

Curran regularly travels to the ice floes in Nova Scotia and Newfoundland to observe the hunt and plans to return this year.

"Until Canada ends this brutal and shameful slaughter, I will continue to monitor the killing of seal pups to testify as to the cruelty inherent in this so-called hunt," she said.

The fake seal was a molted pup, Curran explained, showing the seal is about 12 days old.

"The second that seal begins to molt, it can legally be killed," she said.



People walk past a mock replica of a clubbed seal placed on the sidewalk during an anti-sealing protest in downtown Halifax Saturday afternoon.

## Province to pour \$30M into roads

**PAUL MCLEOD**  
paul.mcleod@metronews.ca

The province announced Friday it plans to pump \$30 million more into highways, roads and bridges.

The announcement comes days after Premier Rodney MacDonald unveiled his new stimulus plan, which called for \$1 billion of new and old money spent on roads.

But Friday's announcement included the first specific details of how some of that money will be spent.

The announcement encompasses 22 projects that involve about 80 kilometres of roads. They include grading for twinning work on Highway 104 near New Glasgow, repaving in Sheet Harbour, Alma and Granton, and projects in Cape Breton, the Valley

### Total funds

- The announced funds bring the total construction provinces announced this year to about \$100 million, according to the government.

and Colchester County.

"We are embarking on one of the most ambitious road improvement plans in our province's history," said Transportation and Infrastructure Renewal Minister Brooke Taylor.

"This stimulus plan is allowing us to deliver much needed projects in every county across Nova Scotia, and we're working hard to get tenders released so we can begin work as soon as the construction season starts."

The new funding constitutes a 60 per cent increase over last year.

## Man pleads guilty in ATM holdup

**ATM THEFT** A man has pleaded guilty to robbing a woman at knifepoint in Enfield last July as her three-year-old son watched.

Damien Todd Wheeler, of Stephenville, N.L., had originally pleaded not guilty but changed the plea during a preliminary hearing Friday.

Wheeler was accused of robbing a local woman of \$500 after she used an ATM at the Scotiabank near the Elmsdale Shopping Centre.

Wheeler allegedly put a knife to the victim's throat and demanded money, while the victim's three-year-old son waited outside in her car, witnessing the attack.

**METRO HALIFAX**

## Parade marks nice day for a green wedding

**JON TATTRIE**  
for Metro Halifax

North-end Halifax turned green Saturday for the St. Patrick's Day Parade, though there was more of the loving Irish than the fighting Irish.

The parade, held the Saturday before tomorrow's actual holy day, wound from the Hydrostone to St. Patrick's Catholic Church on Brunswick Street. About 75 people walked or waved from floats, including Dawn Sloane, councillor for Downtown Halifax, who was resplendent in an emerald dress.

At the church, the parade marched right into the end of Daniel Hollands and Amy Mahoney's wedding.

"We picked the date and then found out about the parade afterwards," the grinning groom explained. "We're going to the west



Newlyweds Amy Mahoney and Daniel Hollands pose with Paul Anderson, dressed as St. Patrick, at St. Patrick's Church Saturday.

coast of Ireland for our honeymoon tonight."

The Halifax couple's short interview was twice interrupted by gift-bearing police officers: One had St.

Patrick's Day pencils for the happy couple and the other a pair of lovely green hats.

The parade was lead by St. Patrick himself, a.k.a.

retiree Paul Anderson.

"It's a day to celebrate," Anderson said, adding that his own Irish ancestors came over to North America in the 1800s.

### News in brief

**ATM ROBBERY** There was a rash of vehicle thefts overnight Thursday. Police say a dozen thefts took place in the Oceanview/Southgate/Royal Mast/James Winfield area of Bedford and Halifax. Police are reminding citizens to lock their doors and call police if they see anyone suspicious in the area.

**INVASION** Four men robbed a Dartmouth home at gunpoint Thursday evening. The men rang the doorbell on Pinecrest Drive at around 7:45 a.m. and walked into the home. One of the suspects pointed a handgun at the residents while the others went into the home to take property. The men then fled on foot towards Jackson Road. Police are seeking suspects in connection with the robbery. **METRO HALIFAX**

**metronews.ca**

What's online today.

**Video** Protesters prepare to give George W. Bush a frosty reception in Calgary at [metronews.ca/canada](http://metronews.ca/canada)  
**Video** Investors cautiously optimistic after the recent market rally at [metronews.ca/canada](http://metronews.ca/canada)  
**Blogs** The It's Called Football show checks in with MLS teams from L.A. to Chicago.

### Lotteries

Friday, March 13  
Lotto Super 7: 6, 15, 18, 24, 35, 36 & 46. Bonus 17.  
Saturday, March 14  
Lotto 6/49: 4, 11, 13, 16, 41 & 45. Bonus 35.  
These results are not official.



**Unemployment in Atlantic Canada declines**

Unemployment in Atlantic Canada isn't hitting as hard as in the rest of the country. As of last month, employment in this region declined 0.8 per cent from the October 2008 peak. Nationally, employment was down 1.7 per cent.. **METRO HALIFAX**

# 'Stop this war,' 100 protesters urge

Sri Lankan-Canadians march in Halifax to raise awareness of crisis in homeland

**JON TATTRE**  
For Metro Halifax



**Chanting "Stop the genocide," about 100 Sri Lankan-Canadians marched through Halifax Saturday, slamming Sri Lanka's actions in the Tamil region of that country.**

"The Sri Lankan government claims that it is engaged in a military battle with the Tamil Tigers through this offensive. What they are really doing is annihilating innocent Tamil civilians," said David Poopalapillai, national spokesperson for the Canadian Tamil Congress. "The conditions of civilians

**"The Sri Lankan government claims that it is engaged in a military battle with the Tamil Tigers ... What they are really doing is annihilating innocent Tamil civilians."**

David Poopalapillai, Canadian Tamil Congress

trapped in the war zone are deplorable, as they have no access to basic necessities such as shelter, food, clean water and medicine."

The march was held to raise awareness and encourage Canadians to write their MPs, pressing our government to push the Sri Lankan government toward peace.

"We want this to stop. We want our government to use its good influences to stop this war," Poopalapillai said. He

added that the Sri Lankan government is using "war on terror" propaganda as cover for its actions.

He said Tamils have been persecuted in Sri Lanka since independence in 1948. The country has been dogged by civil war since the 1980s as the rebel Tamil Tigers clash with government forces.



Tamil protesters march down Inglis Street Saturday afternoon.

## Calls mount for public apology after couple allegedly barred from bus

**PAUL MCLEOD**  
Paul.mcleod@metronews.ca



**TRANSIT** Metro transit says it will "get to the bottom" of allegations that a bus driver harassed a Muslim couple last week.

The Islamic Association of Nova Scotia was among the voices calling for a public apology after the driver allegedly refused to let the couple on the bus because the woman was wearing a headscarf.

Eyewitness Sarah Wilbur told CBC Radio the couple tried to board the number 17 bus on Tuesday morning at the corner of Jubilee and Robie Street. But the driver allegedly refused to let them on and began yelling at the couple because only the woman's eyes were visible through the headress.

**"If this situation has been described accurately — then it is most regrettable and we will get to the bottom of it."**

Patricia Soanes  
GM, Metro Transit

"The bus driver was standing up, raising his voice," Wilbur told CBC. "He was saying, 'I'm not letting you on this bus. That's the law, that's the law,' he kept repeating."

After about 10 minutes Wilbur said the driver agreed to call Metro Transit for advice and then allowed the couple on board as he continued his route.

On Friday Metro Transit released a statement that avoided any details of what happened, but said they

were looking into it.

"As you are aware, there has been an allegation made against a Metro Transit bus driver. We take these allegations very seriously. The kind of behaviour reported is not and will not be tolerated," said Metro Transit general manager Patricia Soanes.

Soanes said Metro Transit is doing an internal investigation and is conducting interviews with the driver and witnesses. She also stressed that Metro Transit believes in fostering diversity.

"If this situation has been described accurately — then it is most regrettable and we will get to the bottom of it," said Soanes.

"Appropriate action will be taken. In our organization, we hold people accountable for their behaviours."



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Canadian nurse Laura Archer and two other aid workers with Doctors Without Borders who were kidnapped in Darfur have been released, a government official said Saturday. The development came three days after gunmen seized the workers from their office in Saraf Umra, the capital of North Darfur. **CBC NEWS ONLINE**

# Canada/World

## Montreal **Protesting police brutality**



CHRISTINE MUSCH/REUTERS

Police made roughly 50 arrests yesterday in Montreal as protesters rallied against police brutality. Skirmishes erupted as protesters lit garbage cans on fire and threw things such as bricks, bottles and food at police monitoring the protest.

## Ottawa joins rally against seal hunt

**TRACEY TONG**  
tracey.tong@metronews.ca

**RALLY** Linda Steele remembers signing her first petition against the seal hunt as a young girl in grade school. She's been dedicated to the cause since.

"I don't want my tax dollars supporting the hunt," she said. "It's a big black mark on Canada. This isn't a hunt. It's a slaughter."

The Ottawa resident was one of more than 100 people who attended a rally in the ByWard Market yesterday to protest the seal hunt.

The rally, which later moved down to Parliament Hill and to the Embassy of the European Commission, is one of many events taking place worldwide for the International Day of Action against the Seal Hunt.

Those attending the rally are in good company, said Senator Mac Harb, who introduced Bill S-229 to end commercial sealing in Canada, while protecting Inuit and Aboriginal sealing.

"The majority of people do care," he said.

**ShareYourViews**

halifaxletters@metronews.ca

## Vancouver sees 3 more shootings over weekend

**JEFF HODSON**  
Metro Canada

**VIOLENCE** Homicide investigators yesterday identified the 36-year-old woman gunned down in a targeted hit during a weekend of violence across B.C.'s Lower Mainland that included three shootings and a gun-point abduction.

Laura Lynn Lamoureux was shot to death in the road at 5 a.m. Saturday in the city of Langley.

"This homicide is linked to the street-level drug trade and has the signature of being a targeted murder," said Cpl. Dale Carr, a

spokesperson for the Integrated Homicide Investigation Team.

Lamoureux was known to police for her involvement in the drug trade.

The shooting was the second of three over the weekend.

In the most recent, a 29-year-old man walked into a Shell Station at 3:15 a.m. yesterday bleeding from his chest.

He is believed to have been shot about half a block away where yellow police tape blocked the driveway of a high-rise apartment.

Two days earlier, a man in his 20s was shot several times in Surrey.

**"This homicide is linked to the street-level drug trade and has the signature of being a targeted murder."**

Cpl. Dale Carr

## News in brief

**SCIENCE** Scientists preparing for the exploration of Mars are planning history's first car drive through the fabled Northwest Passage, a trip they said will provide data on global warming and man's potential impact on other planets.

**CHARGES** Ontario Provincial Police have charged Det.-Const. Cecile Fournel, 52, with attempted murder, arson, disre-

gard for human life and administering a noxious thing, after a fire at a home in Timmins, Ont.

**FUNERALS** Hundreds lined the streets and filled an Oromocto, N.B., chapel and a St. Catharines, Ont., armoury Saturday for the funerals of Cpl. Kenneth Chad O'Quinn, 24, and Warrant Officer Dennis Brown, 38, killed by a roadside bomb in Afghanistan.

**METRO NEWS SERVICES**

# People's power

## New law grants land to poor of Bolivia

**Emboldened by a new leftist constitution, Bolivian President Evo Morales Saturday handed over ownership of farmland seized by the state from wealthy estate holders to poor indigenous people.**

Morales handed out about 94,000 acres of lands recently confiscated from five big ranches in Bolivia's wealthy eastern lowlands, a stronghold of his conservative political opponents. The ranchers have been accused of em-

ploying workers in conditions of semi-slavery.

"Private property will always be respected but we want people who are not interested in equality to change their thinking and focus more on country than currency," said Morales, flanked by military and police personnel.

Among those who lost land was U.S. cattleman Ronald Larsen, who has emerged as a key opponent of the Morales government's land reforms,

which are designed to distribute more of the nation's riches to poor indigenous peoples.

Larsen and other ranchers who had threatened to block the handover of their lands can still appeal the expropriations before agrarian courts.

An Aymara Indian and former leader of coca-leaf farmers, Morales is Bolivia's first indigenous president. He has governed the nation for three years.

**REUTERS**

## Pakistan **Crisis brewing**



An activist from Pakistani Islamist party Jamaat-e-Islami holds a bamboo stick as he scuffles with a policeman during a countrywide anti-government protest march in Lahore yesterday. A potential political crisis between the government and opposition parties worries the U.S. and U.K., who both fear that any chaos would help a Taliban and al-Qaida presence in that country.

## Five die in Miami shooting

**GUNPLAY** A Cuban immigrant shot and killed four people including his estranged wife before taking his own life early yesterday in Miami, police and local media said.

A sergeant with the Miami Police Department's homicide division who declined to give his name said the man, wielding a semi-automatic handgun, shot his victims inside a house in the city's Little Havana district shortly after midnight.

He then sped off in a pickup truck and turned the gun on himself at his home, which he had apparently set on fire, about

three miles away.

"It was domestic-related," the sergeant said. "The wife left him and he tracked her down, unfortunately."

The sergeant declined to elaborate on the case, saying it was still under investigation.

But the Miami Herald said victims of the shooter, who had moved to Miami from Cuba about 10 years ago, included his wife, her daughter and her mother.

The daughter's boyfriend was also killed in the shooting, according to the newspaper.

**REUTERS**

## Not-guilty pleas from U.S. couples

**BABY BUY CASE** Two U.S. couples pleaded not guilty on Saturday to charges of buying babies in Egypt for illegal adoption, a lawyer and judicial sources said.

"They all said they are not guilty," said Sameh Ahmed Saleh, a lawyer for Louis Andros and Iris Botros, one of the couples facing the allegations. The judge ordered the trial to begin on May 16, he said.

Egyptian prosecutors in January charged 11 people in the suspected scheme, including a third U.S. couple believed to be in the United States with the baby they obtained in Egypt.

**REUTERS**



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Iran.....3.9 ¢	Saudi Arabia.....3.9 ¢
Iraq.....4.9 ¢	Syria.....18.9 ¢
Israel.....2.9 ¢	U.A.E.....19.9 ¢

## Latin America

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Honduras.....15.9 ¢	Chile.....2.9 ¢
Panama.....3.9 ¢	Colombia.....3.9 ¢
Uruguay.....7.9 ¢	Dominican Rep.....6.9 ¢
Venezuela.....2.9 ¢	Mexico.....2.9 ¢

## South Asia

<b>INDIA</b> 6.9 ¢/min 	<b>PAKISTAN</b> 5.9 ¢/min 
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Bhutan.....15.9 ¢
Maldives.....16.9 ¢
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# Comment & Views

## Comment

# Hope in times of trouble

## HineSight

Anne Hines

metronews.ca/hinesight

Now ask: "Is the current financial downturn likely to cause that?" Of course not. It will only feel like it. There, doesn't it all seem better already?

Having concluded the worst isn't possible ... or well, likely, we can steel ourselves for dealing with a "not quite so bad as actual death" scenario.

The way I help myself get through difficult times is to consult people wiser than myself.

Fortunately, such people are not hard to find.

Usually, what these sages offer is simple, basic, sensible advice.

The kind of advice my mother gives. They just don't follow it up with, "And if you'd sat up

## Riding the Recession



straight at the dinner table, none of this would be happening." It makes all the difference.

Here we go, "You have nothing to fear but fear itself."

You see? We have only fear to fear. Well, that and ending up living in the dumpster behind the local Sobeys.

I fear that for sure. Oh, and never knowing the pleasure of proper dental hygiene ever again.

I fear that. So those things and fear itself.

Actually this quote is not making me feel any better. "A penny saved is a penny earned."

Having checked my most recent RRSP statement I can tell you that this is not the case.

Apparently, in fact, "A penny saved is a penny sucked into the black hole of our tanking economy."

Has a nice ring to it though, doesn't it?

Finally from author Henry Miller. Miller insisted that happiness lies in pursuing wine, women, song and avoiding riches.

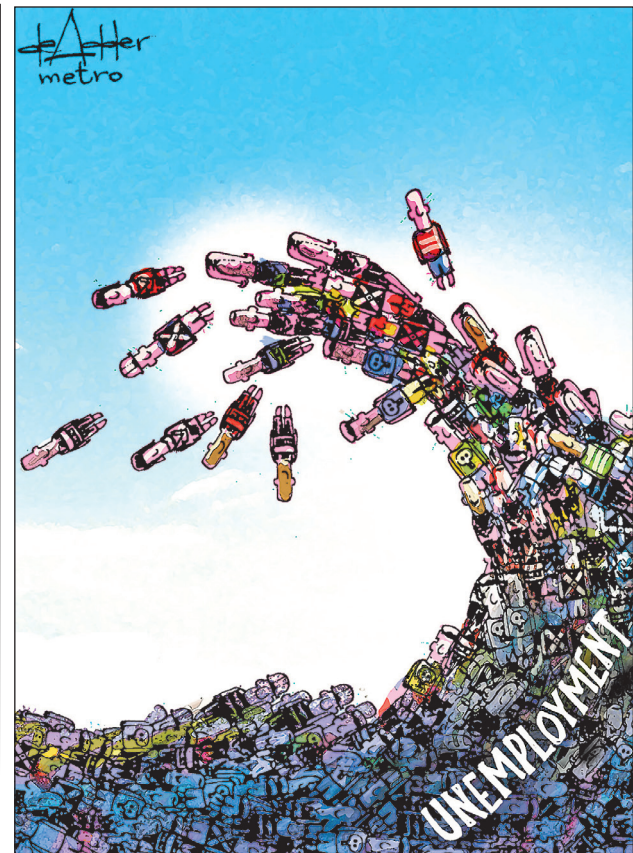
He blew his royalties on said wine and women (the singing was free), ending up living in a hut on Malibu beach.

This, in the 1950s, was the Californian equivalent of a dumpster behind the Sobeys.

Miller famously said, "If there is to be any peace it will come through being, not having."

In bad times and good, this gives me hope.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADER

## Worth Mentioning

# Saudi Arabia urges Iran on diplomacy

Saudi Arabia yesterday urged Iranian President Mahmoud Ahmadinejad to act through diplomatic channels in supporting Arab causes, as tensions grow between the two Islamic powerhouses.

Non-Arab, Shi'ite Iran's close ties with Lebanese guerrilla group Hezbollah and Palestinian Islamist factions such as Hamas have often been at the heart of tensions between U.S.-allied Arab states and Tehran.

"While we appreciate the Iranian support for Arab causes, we think that it must come through the rightful Arab (entities)," Saudi Foreign Minister Prince Saud al-Faisal told a news conference.

Iran's support for Arab causes "must be in harmony with the goals and stances" of Arab governments and back their positions without being "a substitute for them," Prince Saud said.

"Each of us has to deploy the necessary effort to ensure the stability and steadiness of relations on the basis of fruitful co-operation and mutual respect," he added.

Iran has challenged Western influence in the region since its 1979 Islamic revolution.

REUTERS

Mahmoud Ahmadinejad



## Views

# Be a model of waste management

## CleanBreak

Rochelle Owen

metronews.ca/cleanbreak

Spring is coming. Or so I am hoping.

There are signs of spring — returning robins, warm hands, hat-free hair, and piles of litter trapped in snow and ice ready to be freed.

It has been almost 40 years since litter campaigns like Woody's the Owl — Give a Hoot and Don't Pollute. Besides the aesthetic assault, litter is not great for a number of reasons. We waste valuable time and money cleaning it up.

And some litter is haz-

ardous. Cigarette butts, for instance, are little packages of chemicals that can leak into water.

Batteries, electronics, automobile parts, and glass are all examples of other hazardous litter. Litter can also create habitat for insects like mosquitoes and deter tourism.

A recent survey by the Department Environment showed that littering is on the rise in Nova Scotia, up by 21 per cent since 2004.

People are throwing out items such as cigarette butts and fast food items (cups, straws, wrappings). Stopping litter is a really easy choice to make compared to some of the more complex sustainability choices.

Don't do it.

There is plenty of access to waste management services at home, work,

and in the community.

Why do people litter? I chock it up to personality types.

There are the "chuckers," who don't really care.

They chuck from their vehicle windows, chuck while they are walking, from their boats, and drop that load of household waste off in the woods so they don't have to pay the landfill fee.

Then there is the "yawners." Normally they don't litter but if a waste/recycling container is too full or if it is a little inconvenient to pick something up, off it flies. Finally there is the "triers." They tried but were foiled by active wildlife, pets, and other night bandits.

How can we reduce litter? Here are a few thoughts: Make litter valuable. Let's put a 5- or 10-

cent deposit on the disposable coffee cup and make the reusable-mug discount higher. The deposit strategy has worked brilliantly for beverage containers.

Peer pressure is always effective. Speak up when someone is littering and model good waste management practices in organizations. I was very happy when movie theatres started asking their customers to deposit their own waste/recycling/compost. Sending social messages like this reinforces positive behaviour.

Take the new litter pledge being promoted by the province and send it along to others: <http://www.bestthingyoullneverdo.ca/home.html>

Rochelle Owen is director of sustainability at Dalhousie University. She has worked in the environment and sustainability field for 19 years; rochelle.owen@gmail.com.

It's your turn to tell others what you think. Email your thoughts and opinions to: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



**Global forum seeks to avert water crisis**

Government ministers from 120 countries, scientists and campaigners will meet in Istanbul, Turkey, this week to discuss how to avert a global water crisis and ease tensions between states fighting over rivers, lakes and glaciers. **REUTERS**

7

# Business



## Rich urged to make sacrifices

Russian President Dmitry Medvedev yesterday urged the country's richest businessmen to repay their "moral debts" to society during the economic crisis. "If a man becomes a real businessman, he can appreciate his employees and will try to put off some of his plans, some of his personal consumption to maintain his staff, keep paying it, and save the business he was running in the past years," Medvedev said. **REUTERS**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## 83,000 jobs vanish

February declines push jobless rate to 7.7%

**Canada's deepening recession claimed another 83,000 jobs last month, pushing the unemployment rate up half a percentage point to 7.7 per cent and offering more grim evidence that the global economic storm is bearing down with full force.**

On the heels of a massive contraction of 129,000 positions in January, February marked the fourth straight month of employment declines and brought total job losses to 295,000 since October's peak. The national jobless rate now stands almost two percentage points higher than at

**"The Canadian downturn is actually now accelerating at a more rapid pace than in the U.S., and that wasn't supposed to happen."** Derek Holt, Scotia Capital Economics

the start of 2008, and is at its highest level since 2003. Forecasters expect it to continue rising rapidly, with economists at the Toronto Dominion Bank saying this week unemployment will hit 10 per cent by the end of the year.

The unemployment report, along with other indicators, "are suggesting that the Canadian downturn is actually now accelerating at a more rapid pace than

in the U.S., and that wasn't supposed to happen," said Derek Holt, vice-president of Scotia Capital Economics.

The losses were larger than economists had expected, with Ontario once again bearing the brunt. The province shed 35,000 jobs last month, mainly in construction and finance, insurance, real estate and leasing.

TORSTAR NEWS SERVICE

## The DAILY BUSINESS BUZZ

### Province looks to make lottery rules into law:

The Atlantic Lottery Corporation has already implemented most of the recommendations about the sale, validation and payout of lottery tickets, but the Department of Labour and Workforce Development says it's important to make these rules, and some others, law. Retailers and gaming-equipment suppliers can provide input on the proposed regulations until April 3.

### Seeking federal support:

Cumberland Colchester Musquodoboit Valley MP Bill Casey has committed to discuss Colchester County's civic centre project with Transportation Minister John Baird in a bid to get federal backing.

Get the full stories delivered to your inbox every morning. Sign up today for the **DAILY BUSINESS BUZZ** [nsbj.ca](http://nsbj.ca)

## Green sector demands patience from investors

**INDUSTRY** It will take more than government incentive plans and bargain prices for stocks in Canada's green-energy sector to flourish, and investors will need patience if they are to hit pay dirt.

While the long-term outlook for companies working with solar, wind and water power is promising, the business now is being buffeted by the recession, a credit crunch and tumbling fuel prices.

"All these beaten-up renewable, publicly traded companies are amazing value right now. That's not to say that they still can't go down further, because this market is now driven on psychology, not cash-flow fundamentals," said Jacob & Co. power equity

**"Power, especially renewables, will always skate back inside."**

John McIlveen, analyst

analyst John McIlveen.

"But I think power, especially renewables, will always skate back inside because, after all, you've got 20-year take-or-pay contracts."

Under long-term power-supply pacts, buyers must pay whether or not goods are delivered, creating a long-term hedge against volatility. Annual returns on 20-year contracts typically range from 10 per cent to 25 per cent, McIlveen said. **REUTERS**

## Business in brief

**WASHINGTON** U.S. President Barack Obama will announce steps today to make it easier for small-business owners to

borrow money, using \$730 million US to cut lending fees and boost loan guarantees, officials said. **REUTERS**

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## Career Shift

# From college to university

Articulation agreement between the Mount and NSCC ups institutional mobility

JON TATTIE  
for Metro Canada



**For students who find university too abstract or college too concrete, a hybrid degree may be the answer. Articulation agreements allow students to start at one institution and transfer to the other.**

Michael Whalen is vice-president of enrolment at Mount Saint Vincent University. The Mount has agreements with the Nova Scotia Community College linking their business degree, bachelor of tourism and hospitality management and the bachelor of child and youth studies to the college. NSCC grads get two years' of credit toward a Mount degree. He said articulation attracts students for academic and financial reasons.

"There are some (students) who are attracted to the much lower tuition fees



Nova Scotia Community College grads now get two years' of credit toward a Mount degree.

at community colleges, so they make a very conscious decision that they can do two years there for half the price (of university)," Whalen said. "Some weren't

as academically oriented as others in high school, went to community college and found a niche (and transferred to university)." Saint Mary's University is

about to announce its first articulation agreement with NSCC. Esther Enns, dean of arts, said it will allow students who have finished a diploma at NSCC to

transfer a block of credits into a BA at SMU.

"What generally happens in articulation agreements is that there's a course-to-course equivalency established," Enns explained. "What we've done is looked at it holistically."

A college student's "learning outcome" is assessed and compared to university students and "block transferred" to SMU to get a one-year head start. "It gives students mobility between institutions," Enns says. "What we're doing is taking it a step further."

Joan McArthur-Blair, president of NSCC, says it's about recognizing the intrinsic value of all education. "The idea of a learner

never having to cycle back, never having to start their knowledge journey again, is critically important," she said. Students can follow their passion and if they decide they want something different, be able to apply the learning they've already done.

McArthur-Blair doesn't see a lot of students starting at college with the intention of articulating. "I think what happens is when people are in college, a certain percentage think, 'I want more of this' or a different piece of this," she said, noting it goes both ways. "University students, particularly in the arts, have this body of knowledge and now they want to be able to apply it in a particular setting."

**"The idea of a learner ... never having to start their knowledge journey again, is critically important."**

Joan McArthur-Blair

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## Spring-Summer 2009

Spring-Summer 1 From May 4 <sup>th</sup> to June 5 <sup>th</sup>	Spring-Summer 2 From June 8 <sup>th</sup> to July 10 <sup>th</sup>	Spring-Summer 3 July 13 <sup>th</sup> to August 14 <sup>th</sup>
<b>Location:</b> Halifax Campus, 1589 Walnut St. Halifax		
<b>Cost:</b> (Intensive) \$350*/week or \$1,575* for each full 5-week program (Intensive+) \$525*/week or \$2,450* for each full 5-week program		
<b>Time:</b> Monday to Friday, 8:15AM to 3:30PM.		
*Price does not include textbooks – estimated cost : \$75		

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## Retraining has never been so easy

JON TATTIE  
for Metro Canada



**EDUCATION** Lost in the din of reaction to Premier Rodney MacDonald's \$1.9 billion stimulus package last week was the \$24 million put aside to help laid-off workers retrain in new careers.

Stu Gourley, senior executive director at the Department of Labour and Workforce Development, says the funding is aimed at getting people back to work.

"This money will be directed at individuals who are displaced, long-term unemployed, or at risk in the workplace," he explains. "At

risk" refers to people in vulnerable industries like automotive manufacturing, he adds.

Gourley says the focus will be on career paths that are likely to prosper. "We have to be aware of what the economy is going to be like in two years, not just today," he explains. "There's still a part of the economy that's chugging along quite well and we can't lose sight of that, even though we have a crisis on the other side of the coin."

Government support will come in the form of tuition assistance or indirectly, via events to help people prepare for the job hunt.

### More information

- Go to [Gov.ns.ca/building-fornovascotia](http://Gov.ns.ca/building-fornovascotia) for more information on the retraining program.

"If you were an unemployed person and you had a return-to-work plan, and that plan included returning to college, for example, then we may well support your tuition," Gourley says.

Among the many other fronts, support will also come in the form helping people find work by showing them how to write a résumé, conduct an interview or write a portfolio.

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## Trent honours

Trent University in Peterborough, Ont., will be honouring fresh water specialist Maude Barlow, actress and director Sarah Polley and artist Mary Pratt with honorary degrees at convocation ceremonies this June. **METRO NEWS SERVICES**

## Career Shift

# Beautiful to grotesque

RAFAEL BRUSILOV  
for Metro Canada



**Movie monsters and beautiful people share an important thing — they both need talented make-up artists to help them look their best.**

With many people leaving their old careers in the struggling economy, some people are realizing they can turn their lipstick dreams and artistic imaginations into a lucrative career as a professional make-up artist.

Pamela Earle, president and owner of the Completions International Academy of Make-up Artistry in Toronto, says demand to get into the school hasn't been this fervent since Ontario dropped the O.A.C. year from high schools, forcing two years' worth of students to enter post-secondary education and the job market together.

"We're going to have a waiting list for the first

time since the double-cohort year — it's very exciting," Earle said.

Unlike cosmetology schools, which focus on retail-level skills in things like nail care, skin care or hair removal, Completions is solely centred on having students master make-up in all its artistic applications.

At Completions, students don't just learn to apply traditional fashion make-up — they build moustaches and beards from scratch, create terrifying movie-monster prosthetic masks and learn to transform an actor to look 50 years older using make-up.

The emphasis, Earle says, is to train students in a much wider range of make-up skills in demand across multiple industries, ensuring a better chance for employment and nurturing career-building talent.

"We're sort of an art school as well as a make-

up school — it's all about being creative and there is plenty of work out there," Earle said.

With primary programs ranging from 14 to 32 weeks in length, students can stick to mastering the traditional fashion/glamour make-up needed on runways, music videos and commercials around the world or opt to go the extra mile and expand their skills to include make-up for film and television, studio hairstyling, special effects, prosthetics and even creature design.

Dino Delio from the television show CityLine is one of the school's most popular instructors, while the slowdown in the entertainment industry has meant the school benefits from more experienced guest instructors than ever before.

On an average day you might catch a group of zombies with gaping head wounds heading out the doors of the school to grab

a quick lunch, or see a bevy of runway-ready beauties getting worked on in the fashion studio.

If you think you've got an eye for what makes things beautiful (or grotesque), visit completionsmakeup.com.



Pamela Earle, president and owner of Completions, holds a prosthetic mask. Right: Instructor Neil Morrill works on a face.

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## Important Notice for Students with Canada Student Loans

**Are you graduating or taking more than six months off from school?**

If you are **not** returning to full-time studies this fall, you will need to contact us to discuss repayment options:

- **For your Canada Student Loan**, contact the National Student Loans Service Centre at 1-888-815-4514 (TTY for the hearing impaired: 1-888-815-4556).
- **For your provincial student loan**, contact your provincial student financial aid office at 1-800-565-8420.

If you think you might have trouble paying back your student loans, there are federal and provincial programs available to help you stay on track.

Ask about the repayment options available to you. For example, the new Repayment Assistance Plan will ensure your Canada Student Loan payments will never be higher than what you can reasonably afford.

Visit the **Spotlight On** section of [CanLearn.ca](http://CanLearn.ca) for details.

## Avis important aux étudiants qui ont un prêt d'études canadien

**Tu termines tes études ou tu les interromps pendant plus de six mois?**

Si tu **ne** retournes **pas** aux études à temps plein l'automne prochain, tu dois communiquer avec nous afin de discuter des options de remboursement.

- **En ce qui concerne ton prêt d'études canadien**, communique avec le Centre de services national de prêts aux étudiants, au 1-888-815-4514 (téléimprimeur pour malentendants : 1-888-815-4556).
- **En ce qui concerne ton prêt d'études provincial**, communique avec le bureau d'aide financière aux étudiants de ta province, au 1-800-565-8420.

Si tu crois que tu pourrais avoir de la difficulté à rembourser tes prêts d'études, des programmes fédéraux et provinciaux s'offrent à toi afin de t'aider à maintenir le cap.

Renseigne-toi au sujet des possibilités de remboursement qui te sont proposées. Dans le cadre du nouveau Programme d'aide au remboursement, par exemple, tu seras assuré que les versements sur ton prêt d'études canadien ne dépasseront jamais un montant raisonnablement abordable pour toi.

Pour plus de détails, visite la section **En vedette** du site [cibleludes.ca](http://cibleludes.ca).



The Canadian trio of Kristina Groves, Christine Nesbitt and Brittany Schussler won gold in the women's team pursuit yesterday at the world singles distances speedskating championships. **METRO NEWS SERVICES**

# Sports

**Lucky 200 for Jasey Jay**  
Canada's Jasey-Jay Anderson captured a men's parallel giant slalom race yesterday in his 200th snowboard World Cup event. **METRO NEWS SERVICES**

EDITOR: JOHN.CHICK@METRONEWS.CA

## Carleton back on top

CIS BASKETBALL FINAL

Carleton 87 UBC 77

MIKE BEASLEY  
for Metro Canada

All year long, the Carleton Ravens had been regarded as the No. 1 men's basketball team in the CIS. Yesterday afternoon, they made it official.

The dream season had a happy ending for the Ravens, who defeated the University of British Columbia Thunderbirds 87-77 in the final game of the 2009 CIS Men's Basketball Championships.

To make the victory even sweeter, the Ravens won on their home turf — hosting the tournament for the second year in row at Scotiabank Place in Ottawa.

"I'm so happy especially for our three seniors, Stuart Turnbull, Aaron Doornekamp and Robert Saunders," said Ravens head coach Dave Smart.



The Ravens celebrate with their hardware yesterday in Ottawa.

"They worked so hard to pull the team along all season after a huge disappointment last year."

The Ravens have now won six of the last seven CIS titles, but their first in front of a building full of fans and friends.

"It's great that we won the championship in front of them because we get so much from our alumni, the community and the students," Smart said.

Turnbull was named the tournament MVP and led

the Ravens with 22 points followed by Saunders with 18. Chris Dyck was the Thunderbirds' top scorer with 21 points. Josh Whyte and Blayne Labranche both finished with 13 points.

UBC came into the tournament as the third seed and knocked off the Dalhousie Tigers in the quarter finals before defeating the University of Calgary Dinos, their Canada West Conference rivals in semi-final action to give themselves a chance at a national title.

## Short stays for AUS squads

**AUS** The Dalhousie Tigers' first trip in 13 years to the Final 8 Canadian Interuniversity Sport men's basketball championship didn't last long.

The sixth-seeded Tigers were dumped 78-54 in the quarter-finals on Friday in Ottawa by the third-ranked British Columbia Thunderbirds.

Simon Farine and Josh Beattie had 11 points each in the loss. The Tigers also lost 71-62 to the Concordia Stingers in the consolation round on Saturday. Farine had 30 points, but no other Dalhousie player recorded more than six points.

The eighth-ranked St. Francis Xavier X-Men were thumped 94-57 by the top-ranked Carleton Ravens in Friday's quarter-finals and didn't fare much better in Saturday's consolation game, an 85-63 setback to the Ottawa Gee Gees.

## Big East headlines March Madness

**NCAA** The Big East conference dominated the top seeds for the NCAA Tournament, garnering three of four spots as Louisville, Pittsburgh and Connecticut, along with North Carolina were installed as the top seeds for the 2009 event. Louisville (28-5), the reigning Big East tourney champions, are on a 10-game winning streak. The Cardinals were selected as the overall No. 1 seed in the tournament and will play out of the Midwest Region. The tournament begins with a play-in game tomorrow and the remaining 64 teams start Thursday.

## Avery scores twice in Ranger win

**NHL** Sean Avery scored a pair of power-play goals to lift the New York Rangers to a 4-1 victory yesterday over the Philadelphia Flyers. Nik Antropov also scored on the power play and Fredrik Sjostrom tacked on a third-period goal for the Rangers, who gained a split of the home-and-home set after dropping a 4-2 decision on Saturday in Philadelphia.

METRO NEWS SERVICES

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## Brier Martin looking for title against Manitoba



Alberta skip Kevin Martin reacts to his shot in the fourth end of his draw against Manitoba during the final game of the Brier in Calgary last night. For a complete recap, visit [metronews.ca/sports](http://metronews.ca/sports).



**Tiger takes bronze**

Ueli Albert of the Dalhousie Tigers won bronze in the 1,000 metres at the Canadian Interuniversity Sport track and field championships in Windsor, Ont., on Saturday. He helped Dal's men's team place 10th. The women placed 20th. **METRO HALIFAX**

# Mooseheads end on a high note

MATTHEW WUEST

matthew.wuest@metronews.ca

**In a season where everything that could go wrong did go wrong, the Halifax Mooseheads exited the right way.**

With their playoff hopes already dashed after back-to-back weekend losses to the Saint John Sea Dogs, the Mooseheads skated to a surprisingly entertaining 6-3 win over the Bathurst Titan in a mean-nothing game before a season-high crowd of 10,019 yesterday afternoon at the Metro Centre.

Gabriel O'Connor jumped into the players' bench in celebration on the game's opening goal — the first of the stalwart blue-liner's three-year career — as the Mooseheads gave a spirited effort and genuinely appeared to be having fun.

"We knew there was going to be a big crowd, and with all these people paying for tickets, it motivated us to come out strong," said Mooseheads forward Alexis Piette. "We came out, played relaxed and just put on a show for the fans."

The Herd came out flying, with two fights in the first eight seconds and a whopping 19-2 shooting



Acadie-Bathurst Titan defenceman Daniel Tanel runs over Mooseheads right wing Travis Randell during Sunday's QMJHL game at the Metro Centre. While the Titan won this battle, it was the Mooseheads who came out on top, 6-3, in their final game of the season.

edge after 20 minutes. They blew open a 1-1 tie in the second period with three unanswered goals and finished strong in the third.

Jan Stransky was the first

star with a goal and three assists; Yuri Cheremetiev had three assists; and Gabriel Desjardins, Eric Louis-Seize and Ned O'Brien added singles.

It was the final junior game for over-agers Graham Bona, Justin Pender and Mark Yetman. Pender was the second star in his finale, posting a Gordie

Howe Hat Trick.

"There are definitely a lot of memories," said Pender, who played 203 games over four seasons with the Herd. "There is always going to be

## Fan favourite

• Yarmouth native Jody Shelley was named the fans' favourite player in Halifax Mooseheads history.

Shelley, who now plays for the San Jose Sharks, won a poll conducted during the first half of the season, edging out No. 2 Alex Tanguay and No. 3 Jean-Sebastien Giguere.

Shelley had 98 points and 933 penalty minutes in three seasons with Halifax beginning in 1994-95.

a place in my heart for this organization and I'm always going to remember my time here."

It marks just the second time in the franchise's 15-year history that the Mooseheads have missed the playoffs. But the Herd avoided finishing with the franchise's lowest single-season point total, going 19-42-3-4 for 46 points. The 2003-04 Mooseheads have the infamy of a 44-point campaign.

Pender said the team leaves with no regrets.

"We were all as a team," said Pender. "We all worked hard and we were all a bunch of character players."

## Knotek picked as Moosehead MVP

MATTHEW WUEST

matthew.wuest@metronews.ca

**AWARDS** Tomas Knotek has followed in the footsteps of his good friend Jakub Voracek by being selected as the Halifax Mooseheads' MVP.

The 18-year-old forward and assistant captain led the Mooseheads with 20 goals and 29 assists for 49 points in 52 games. Voracek won the award the past two seasons.

Knotek also took home the fans' choice award

Gabriel O'Connor, 18, was named Halifax's best defenceman, while 16-

year-old left-winger Gabriel Desjardins grabbed rookie of the year. Mark Yetman, the Herd's 20-

year-old starting goaltender, earned the Directors Choice award.

Alexis Piette was honoured as most improved player, while Travis Randell picked up top defensive forward.

The other Mooseheads awards went to Ben MacAskill (academic player of the year); Graham Bona (most sportsmanlike); Charles Bety and Linden Bahm (co-winners of unsung hero); and Scott McDonald (community involvement).



Graham Bona

## SCOREBOARD

QMJHL				x-Montreal	34	30	4	72	x-Baie-Comeau	22	37	9	53
2008-09 FINAL STANDINGS				x-R-Noranda	30	30	8	68	x- clinched playoff spot				
				Val-d'Or	19	41	8	46	y- clinched division				
ATLANTIC DIVISION				CENTRAL DIVISION				YESTERDAY'S RESULTS					
	W	L	OT	P		W	L	OT	P	HALIFAX 6 Acadie-Bathurst 3			
y-Moncton	48	14	6	102	y-Drummondville	54	10	4	112	Chicoutimi 3 Lewiston 2 (SO)			
x-Cape Breton	46	18	4	96	x-Shawinigan	51	14	3	105	Drummondville 4 Baie-Comeau 3			
x-Saint John	34	30	4	72	x-Victoriaville	32	32	4	68	Gatineau 4 Rouyn-Noranda 2			
x-P.E.I.	26	32	10	62	x-Lewiston	22	43	3	47	Moncton 3 Cape Breton 1			
x-Bathurst	20	35	13	53					P.E.I. 12 Val-d'Or 1				
HALIFAX	19	41	8	46	EAST DIVISION				P.1.1 5 Shawinigan 4 (OT)				
						W	L	OT	P	Rimouski 5 Shawinigan 4 (OT)			
WEST DIVISION										Victoriaville 6 Quebec 2			
	W	L	OT	P						END REGULAR SEASON			
y-Gatineau	38	25	5	81	x-Quebec	49	16	3	101				
					x-Rimouski	44	23	1	89				
					x-Chicoutimi	24	32	12	60				

## Huskies even up series

MATTHEW WUEST

matthew.wuest@metronews.ca

**AUS** It had all the makings of an unpleasant déjà vu, but the Saint Mary's Huskies made sure it didn't happen.

The Huskies edged the New Brunswick Varsity Reds 3-2 before a crowd of 3,248 last night at the Halifax Forum to even the Atlantic University Sport best-of-three men's hockey final at one game apiece. The V-Reds were looking to hoist the AUS banner on Forum ice for the second straight year.

"It was definitely in the back of our minds," said Huskies goalie Brandon Verge, who was beaten on a Kyle Bailey penalty shot in overtime of last year's deciding Game 2.

"We knew if we lost it was going to be a repeat of last year, and we said, 'There's no way we're going to let that (happen).' I think we redeemed ourselves tonight."

Marc Rancourt, on the power play at 10:31 of the second period, and Cam Fergus, at 5:29 of the second, put the Huskies up 2-0. The V-Reds briefly had



Saint Mary's Huskies forward Cody Thornton scrambles for a loose puck in front of UNB Varsity Reds goalie Travis Fullerton during the first period of Sunday night's AUS playoff game at the Halifax Forum.

**"It was an awesome game, an awesome feeling."**  
Brandon Verge

life when captain Dustin Friesen scored with 3:12 remaining, but Huskies rookie Chris Morehouse scored with 1:10 on the clock to silence the comeback.

Former Halifax Mooseheads captain Ryan Seymour scored the V-Reds' other goal with four seconds to go.

"It was a battle the entire time, but the boys hung on," said Verge. "It was an awesome game, an awesome feeling."

The Huskies went 9-for-9 on the penalty kill. Verge, of Fall River, finished with 29 saves and was sensational at times. At the other end, Travis Fullerton made 37 stops.

"It was definitely a (goalie's) battle," Verge said. "It was almost like, who would crack first? Luckily it wasn't me."

Game 3 is Wednesday in Fredericton, N.B.

## Rainmen's hopes for playoffs fade

**BASKETBALL** The Halifax Rainmen's Premier Basketball League playoff hopes are fading after the Vermont Frost Heaves clinched a spot in the wildcard play-in game yesterday.

The Frost Heaves won three straight games on the weekend to improve to 13-6, leaving the Rainmen (10-7) unable to catch them. The Rainmen now must catch the Wilmington Sea Dawgs (12-6) for the right to play Vermont.

The Rainmen beat the Buffalo Stampede 96-94 on Saturday. **METRO HALIFAX**

## SCOREBOARD

### NBA

#### YESTERDAY'S RESULTS

Toronto 110 Indiana 87  
Atlanta 98 Portland 80  
Cleveland 98 New York 93  
L.A. Lakers 107 Dallas 100  
Memphis 89 Detroit 84  
Milwaukee 86 Boston 77  
Orlando 105 Utah 87  
Philadelphia 85 Miami 77  
Washington 106 Sacramento 104  
Phoenix at Golden State  
New Jersey at L.A. Clippers

### NHL

#### YESTERDAY'S RESULTS

Detroit 4 Columbus 0  
N.Y. Islanders 4 Chicago 2  
N.Y. Rangers 4 Philadelphia 1  
Pittsburgh 6 Boston 4  
St. Louis 5 Minnesota 3  
San Jose at Anaheim  
Colorado at Vancouver



More than three-quarters of dry cleaners use large amounts of the chemical solvent tetrachloroethylene, a powerful degreasing agent that's a suspected carcinogen, aggravates asthma and allergies and is particularly toxic to fish and wildlife. Find a green dry cleaner at [www.greenearthcleaningcanada.com](http://www.greenearthcleaningcanada.com). **TORSTAR NEWS SERVICE**

# Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

## Cool washing

Wash your clothes in cold water. According to the Canadian Energy Efficiency Centre, if all households in Canada switched to cold water, enough energy would be saved to light more than 2.5 million households each year. These energy savings could potentially prevent 1.5 billion kilograms of carbon dioxide from entering the atmosphere.

DAVID SUZUKI FOUNDATION

# Trying to find the perfect fit

Discussions around eco-friendly fabrics centre around organic cotton

## EarthTones

Sophia Dore & Andrew Laursen



[metronews.ca/earthtones](http://metronews.ca/earthtones)

We were asked to write an article about eco-friendly clothing. Us? An article on fashion? One of us, not naming names, is lucky if his socks match when he goes to work. So rather than focusing on the vogue of eco-friendly, we thought we might talk about the

fabrics of eco-friendly.

The debate about eco-friendly fabrics is actually pretty ancient, and began quite accidentally when the first Stone Age comedian responded to a heckler with, "Hey, nice shirt! How many mammoths did you have to kill for that?" Since then, choice of fabric has reflected attitudes toward resources. Thankfully, we are now entering a time when the beaver hat is long forgotten and sustainable fabrics are valued.

We have seen many different "sustainable" fabrics, including those made from shredded pop bottles. Plastic fibres can actually make a pretty good, rugged substitute for fabrics like canvas, and is great for

things like backpacks. However, it wouldn't make a great shirt. Bamboo and hemp fibres are also becoming more popular, and make good fabrics for clothing. However, the discussion around fabrics and eco-friendly fabrics really must centre around organic cotton.

In spite of growth in other plant fibres, cotton still provides about 50 per cent of all global fibre needs. Cotton is viewed as "natural" and, by many, preferable to synthetic fibres. However, traditional cotton is actually one of the most environmentally-damaging agricultural products we grow, accounting for about 25 per cent of global insecticide use on about 2.5 per cent of cropland.

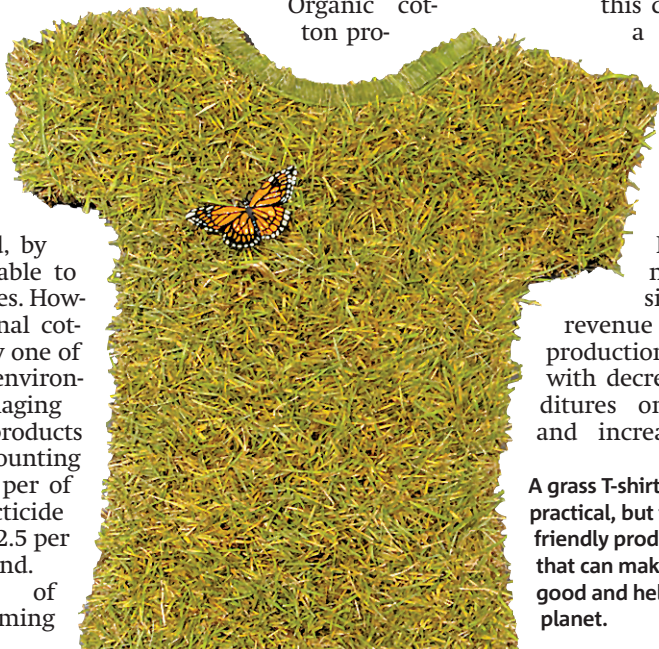
Discussions of organic farming

generally raise some ambivalent feelings for us. While moving away from heavy reliance on pesticides and synthetic fertilizers sounds good, it can lead to significant reductions in crop yield. Compensating for the lost production requires more land and carries opportunity costs in use of agricultural land for other crops.

Organic cotton production may reduce yield, and frequently does relative to traditional cotton. However, a number of recent studies on organic cotton production have found that yield can be comparable.

Typically, organic cotton uses animal manure as well as "green manure," a cover crop that is later tilled into the soil. When this cover crop is a food crop, this added benefit can actually improve the efficiency of land use. From a financial consideration, revenue from food production coupled with decreased expenditures on pesticides and increased premi-

A grass T-shirt may not be practical, but there are eco-friendly products out there that can make you look good and help save the planet.



ums for organic cotton can even compensate the grower for any reduced cotton production.

Of course, nothing good comes without a price. Without the use of insecticides, a common practice is the use of natural predators. In California, production of organic cotton may employ the release of green lacewing larvae, predaceous mites, and wasps to reduce the populations of insects that damage cotton crops. This is probably the most damning aspect of organic cotton. The release of predaceous insects may have serious unintended consequences for beneficial insects as well.

While organic cotton may be better for the environment than traditional cotton, maybe it is time to become comfortable with being asked, "Hey buddy, how many nylons did you have to kill to make that shirt?"

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; [earthtones.metro@gmail.com](mailto:earthtones.metro@gmail.com).

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## How to give an environmentally-friendly gift

With so many special occasions to celebrate in life — birthdays and anniversaries, just to name a few — we usually end up giving gifts that sometime end up in the trash can. Landfills are filled with well-intentioned gifts and packaging that no one ever really wanted or needed in the first place.

Here are some green gift ideas that both the recipi-

ent and the environment will appreciate:

**For the fashion savvy:** Look for quality fabrics and timeless design. Consider stylish pieces made of organic cotton or hemp-silk. These fabrics are sustainable as well as eco-

chic.

**For the person who has everything:** Why run the risk of giving something that will get thrown out? Instead, honour friends and family with a gift donation in their name. With this gift there is no plastic wrapping to throw out and it goes to

someone who really needs help.

**For those who like to be pampered:** Consider giving a beauty kit filled with environmentally-friendly products like natural essential oils of bergamot, lavender, and lime for mixing into scrubs, powders, tonics and soaps, which can be applied using a natural loofah sponge.

NEWS CANADA



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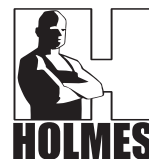
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Slumdog actress could be next Bond girl

Freida Pinto, star of Slumdog Millionaire, has reportedly been approached by Barbara Broccoli, producer of the James Bond films, to do a screen test opposite Daniel Craig for the next 007 film, according to the U.K.'s Sun newspaper. PEOPLE.COM

13

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

In brief

WEEKEND BOX OFFICE

1. Race to Witch Mountain, \$25 million US; 2. Watchmen, \$18.1 million; 3. The Last House on the Left, \$14.7 million; 4. Taken, \$6.7 million; 5. Madea Goes to Jail, \$5.1 million; 6. Slumdog Millionaire, \$5 million; 7. Paul Blart: Mall Cop, \$7.1 million; 8. He's Just Not That Into You, \$2.9 million; 9. Coraline, \$2.7 million; 10. Miss March, \$2.3 million.

REUTERS

GlobalStyle

Kenya Hunt

Read Kenya exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

## The French connection

BRYAN BORZYKOWSKI for Metro Canada

Being a Canadian band is tough — long road trips, cold winters and immense competition can derail the most focused act, but throw in non-English vocals and the odds of making it are nearly impossible.

But, francophone five-piece Malajube have defied the odds — their all-French debut Trompe L'oeil was nominated for three Junos in 2007, a Polaris Prize and they've toured extensively throughout the U.S., something most Québécois acts only dream of.

"We had no hopes," says drummer Francis Mineau, on the phone from Montreal. "We thought we'd maybe sell at least the first run of copies and tour in



Malajube delivers a dose of high energy tunes on Labyrinthes.

Quebec a bit. The success was overwhelming."

Now that the entire country is into the frenetic rock band, the group have to deal with the pressure that comes with following up a successful record. Luckily, their new effort, Labyrinthes, delivers an-

the English language. No way, says Mineau.

"We're proud to sing in French," says Mineau. "Plus, it's the different language that sets us apart ... some people think if we sang in English we'd be more popular, but the French thing has served us well."

You might think that being one of the only Francophone rock bands traversing English North America would put some added pressure on the group to represent their province. But while they're definitely enjoying the attention, they can't be responsible for helping every French act looking for anglophone attention.

"I don't feel the weight of other French bands on our shoulders," he says. "If they don't make it to the other side it's not my fault."

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Britney Spears - If U Seek Amy

All American Rejects - Gives You Hell

Karl Wolf Ft Culture - Africa

Eminem Ft 50 Cent & Dr Dre - Crack A Bottle

Soulja Boy Ft Sammie - Kiss Me Thru The Phone

Flo Rida - Right Round

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/16/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Dancing With the Stars (HDTV) (Live)			Castle
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Dancing With the Stars (HDTV) (Live)			Castle
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Comedy Fest	Comedy Fest.	CBC News: The National	The Hour
	2	2	2	CBC-F	Terre humaine	Pyramide (SC)	Virginie (SC)	La Petite vie	L'Auberge du chien noir (SC)	Les Boys (SC)	Tout sur moi	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	Big Bang Th	How I Met	Two/Half Men	Engagement
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags	Star Académie:	Annie et ses hommes (N) (SC)	Dr. House (HDTV) (SC)	Dr. House (HDTV) (SC)	TVA 22 heures
	6	6	6	CIHF	Entertainment	ET Canada	Heroes (HDTV)		House "Here Kitty" (N)		24 (HDTV PA) (N)	News (N)
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami "Flight Risk"		Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)
	10	10	10	ELTV	EastLink Mag.	Fishing	Harv's Sportsland (Live)		Incl. Revolution	Harv's Sportsland		EastLink Television
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House "Here Kitty" (N)		24 (HDTV PA) (N)	Fox First
news	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Chuck (HDTV)		Heroes (HDTV)	Medium
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour		CBC News: The National	Allergy Planet
	4	4	4	PBS-B	NewsHour With Jim Lehrer		Greater Boston	Viewer Favorites			Viewer Favorites	
	35	35	35	PBS-D	NewsHour With Jim Lehrer		Business Rpt.	Worldfocus	Chris Botti in Boston		Daniel Pink: Living	
	68	68	68	TQS	(6:30) Le Retour (SC)		A comm	C'tune joke	CSI: NY (SC)		Flash Point	110 pour cent
	23	96	96	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News	Squeeze Play	Market Call
	18	18	18	CNN	Situation Room-Wolf Blitz		Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)	Cooper 360
	54	54	54	GOLF	Golf Central	Golf Tavistock Cup -- Day 1. From Windermere, Fla.			Haney Project	Haney Project	Haney Project	Golf: Tavistock
	52	52	52	RSE	Sportsnet Connected		World Sport	Sportsnet Con.	Baseball World Classic -- Teams TBA. From Dolphin Stadium in Miami.			
	55	55	55	SCOR	Hockey Talk	Game On	Poker 888.com UK Open.		The WWE Experience		(10:15) WWE Monday Night Raw	
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	This Week in NASCAR		SuperCars	Auctions
	53	53	53	TSN	Off the Record	SportsCentre	NBA Basketball	Toronto Raptors at Charlotte Bobcats. (HDTV) (Live)				SportsCentre
	43	43	43	FAM	Han. Montana	Sonny Chance	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos
	27	27	27	YTV	March Break	March Break	Karaoke Star Junior		Malcolm-Mid.	Futurama	League-Evil	Zixx Level
	16	16	16	A&E	Cold Case Files (HDTV)		Intervention "Dan"		Intervention "Brad"		Intervention "Sandy" (N)	Paranormal
	70	70	70	APTN	News		Notre Peuple		Terres arct.	Pachamama	Flic et Rebelle ** (1989, Crime Drama)	
	50	50	50	BET	106 & Park: BET's Top 10 Live				King's Ransom * (2005, Comedy)	Anthony Anderson.		Harlem Heights
	37	37	37	BRVO	Street Legal		Eva: The Price of Passion		Djangomania!		Yo-Yo Ma-Making of Songs of Joy & Peace	
family	25	25	25	CMT	Dedicated		Karaoke Star Junior (N)		Home Improve.	Home Improve.	Reba	Hope & Faith
	49	49	49	COM	Laughs	Comedy Now	Air Farce	Just for Laughs	Corner Gas	Corner Gas	The Simpsons	South Park
	153	153	153	COURT	W-FIVE		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Legal Briefs	Police Videos
	38	38	38	DISC	Canada's Worst Handyman		Daily Planet (N)		MythBusters		Dirty Jobs	Explosions
	34	48	48	HGTV	Holmes on Homes		House Hunters	Property Virgin	For Rent	Income Prop.	Property Virgin	House Hunters
	46	46	46	HIST	Great Escape-Canadian Story		NCIS "Reveille"		Death or Canada	Irish-famine migration.		NCIS
	17	17	17	MM	Shot at Love-Tila Tequila		America's Best Dance Crew		disBand	Technical Diff.	Shot at Love-Tila Tequila	MuchNews
	19	19	19	MMM	MusicProfile	mmmtop10.com	Revival		Listed (Part 1 of 2)		Don't Forget the Lyrics!	Don't Forget
	201	201	201	M1	(6:30) The Point (2006)		Stargate Atlantis		Sanctuary "Requiem"		U.S. of Tara	Secret Diary
	48	23	23	OLN	American Gladiators		Bounty Hunter	Bounty Hunter	Survivorman		Mantracker	Bounty Hunter
cable variety	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Men in Black *** (1997, Comedy)	Tommy Lee Jones.		Steve Harvey
	206	206	206	PIX	(6) The Frighteners		Citizen Ruth *** (1996, Comedy)	Laura Dern.			Ferris Bueller's Day Off (1986, Comedy)	
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Wife Swap		The Outer Limits		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny
	40	40	40	SLICE	The Mom Show		Skin Deep	Til Debt-Part	Wedding SOS	Wedding SOS	Wedding SOS	Wedding SOS
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager		Lost	Sarah Connor
	14	14	14	SPIKE	CSI: NY "Grand Master"		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: NY "Grand Master"	CSI: Crime Scn
	57	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Paris Hilton's British Friend	Tonight Show
	21	21	21	TLC	What Not to Wear		Little People	Little People	Little People	Little People	Jon & Kate	Jon & Kate
	56	34	34	TROP	What Happen?	Whatever	Vanity Insanity	Reality	Questions pour un champion			Club social
	20	20	20	TV5	Que.-champion	Journal de Fr2	Mot de passe		Eyes Down	May-December	McLeod's Daughters (N)	Twist of Faith
	28	28	28	V	Nothing Too Good		Murder, She Wrote		Commander In Chief		Commander In Chief	Dollars-Sense
	60	97	97	VIVA	Mysterious Ways		Judging Amy		How Clean	Kim	Love It or List It	Dollars-Sense
	22	22	22	W	Style by Jury	Style by Jury	Will & Grace	Friends	Gossip Girl (HDTV) (N)		One Tree Hill (HDTV) (N)	WGN News
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy				

critics'corner

The Line

Good and bad guys sit on the same moral fence in this new series. Max and Donny (Ron White, Daniel Kash) are police officers with very different reactions to their job burnout. Max eschews by-the-book police work for his own methods, while Donny struggles to retain his optimism. When they cross paths with a vulnerable drug dealer (Cle Bennett), Max sees a chance to clean up the neighborhood once and for all. Sharon Lawrence and Ed Asner also star. 11 PM on M1



Death or Canada

In 1847, tens of thousands of Irish fleeing the potato famine landed in Canada — 40,000 in Toronto alone. They arrived full of hope, but typhus — which doctors here didn't know how to treat — claimed thousands of lives, immigrants and Torontonians alike. This special revisits those days through the story of one family of new arrivals, the Willises. 2 PM on HISTORY

Sophie

Mom just wants to do good; what's the big deal? In this new episode, Judith (Mimi Kuzyk) announces her plans to go do charity work in India, and Sophie (Natalie Brown) thinks her mother has gone off the deep end. Bridget (Catherine Berube) flexes her fledgling agent's wings and finds a role for Ophelia (Chantelle Chung), but she'll have to deal with Estelle (Sara Botsford) first. 8:30 PM on CBC





How nasty is the breakup between Jennifer Aniston and John Mayer? Not nasty at all, according to eonline.com. "They're definitely broken up, but it was completely amicable," a source said. **METRO NEWS SERVICES**

## Celebrity Buzz

# Lohan in compliance with court orders?

**MISUNDERSTANDING** Lindsay Lohan's attorney says an arrest warrant issued for the actress Friday and stemming from a 2007 DUI conviction was "born out of a misunderstanding," people.com reports.

"Since her case was resolved, Ms. Lohan has been in compliance with all the terms and conditions of her probation and all orders of the court," her lawyer Shawn Chapman Holley said in a statement Saturday, referring to Lohan's 2007 conviction for driving under the influence. "The warrant issued on Friday was, in our view, born out of a misunderstanding which I am confident I can clear up next week."

A hearing for Lohan is set for Monday morning in a Beverly Hills court. "The judge apparently has indicated that Ms. Lohan should be in attendance," said L.A. DA spokeswoman Sandi Gibbons. Lohan, 22, is currently serving a

three-year probation term for the DUI incident, the actress's second.

"We are not actively looking for Ms. Lohan at this time," Beverly Hills Police Lt. Mark Rosen said at a Saturday press conference. "We are not anticipating her surrender this weekend. But if she comes in contact with police, she's subject to arrest. As for why we're not actively looking for her, that's not our procedure for this type of warrant. Her attorney is hoping to resolve this issue in the coming week. If it's not resolved, I'm sure we'll negotiate her voluntary surrender."

Lohan's latest legal woe followed a night of partying that included dinner with pals at the Chateau Marmont — and a bizarre late-night visit to the Hollywood home of actor Jack Nicholson, people.com alleges. **METRO NEWS SERVICES**



# Allen's legal action against paparazzi

**PEOPLE** Lily Allen isn't going to let a few run-ins with the paparazzi take away that smile, eonline.com reports. Late last week, the British songbird made tabloid headlines by throwing a haymaker and water bottle at a photographer who allegedly rear-ended her car.

Now the singer, who has spoken out before about being shutterbugged, is taking a more appropriate action, the website adds. She filed — and was granted — an injunction against the offending photographers.

"My client has faced constant harassment over the last few months from the paparazzi. As a result of this and various incidents of harassment that took place ...

my client has now been forced to take legal action," Allen's lawyer, Mark Thomson, said in a statement. **METRO NEWS SERVICES**



# Jackson set to release new music

**CAREER** Michael Jackson is set to thrill fans eagerly awaiting his comeback concerts by releasing new music before making his return to the stage, femalefirst.co.uk reports.

The Thriller star has announced plans to end his career hiatus with a series of live shows — dubbed This Is It — at London's O2 Arena in July.

At a press conference last week, the King Of Pop told the press he would be "performing songs the fans wanna hear" at his upcoming residency.

But the star may have to clear room on his concert setlist for new material — he is headed into the studio to record more music.



**METRO NEWS SERVICES**

# Stern's attorney calls him a 'victim'

**COURTS** The Florida attorney who represented Howard K. Stern two years ago in the tug-of-war over the remains of Anna Nicole Smith says he's a victim, not a felon, people.com reports.

"The television, tabloid and Internet trial of Mr. Stern in the court of public opinion has been based on sensational lies, speculation, rumour and gossip," Krista Barth claims in a statement to Entertainment Tonight. "Unfortunately, it appears that

criminal charges have now been brought by the state of California based on this same type of misinformation."

California Attorney General Jerry Brown told a news conference Friday that Stern was the "enabler" in a conspiracy to feed Smith's drug addiction. Stern, 40, and two doctors were charged Thursday with felonies for allegedly furnishing illegally obtained prescription drugs to Smith prior to her overdose death. **METRO NEWS SERVICES**



# Lopez praises hubby Marc

**COUPLE** Jennifer Lopez has heaped praise on her husband Marc Anthony — because he's always willing to get up in the middle of the night to attend to their twins, femalefirst.co.uk reports.

The singer/actress insists she's found a perfect dad in the star — because he never grumbles about having to perform his share of baby burping and diaper duty. She says, "I can ask him to get up in the middle of the night if one of the kids wakes up."



**METRO NEWS SERVICE**

# Clarkson 'horrible' at relationships

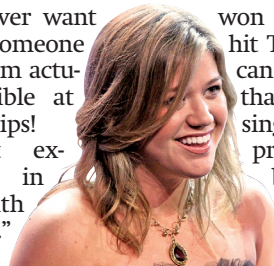
**RELATIONSHIPS** Kelly Clarkson is "horrible" at relationships, femalefirst.co.uk reports. The singer feels sorry for any potential lovers because she could never date someone who was obsessed with their career like she is.

She said: "I almost pity the person who would want

to take me on — I would never want to date someone like me. I'm actually horrible at relationships! I'm just extremely in love with what I do."

The 26-year-old — who won the first series of the hit TV talent show American Idol — has revealed that her successful singing career has caused previous relationships to breakdown.

**METRO NEWS SERVICES**



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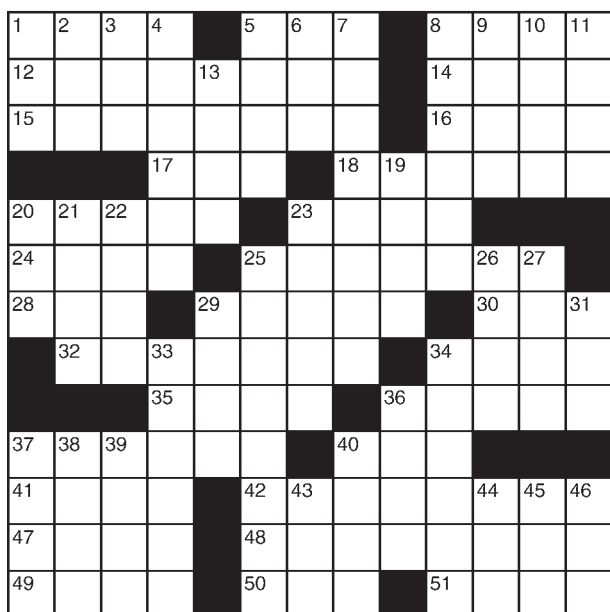




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## Take Five



## Crossword across

- 1 Impresses greatly  
5 Youngster in a cave  
8 White-glove discovery  
12 Fish with a prehensile tail  
14 Norway's capital  
15 Lima bein'?'  
16 Paper quantity  
17 Vat  
18 Heavy hammer  
20 Photo book  
23 Fraud  
24 Hen pen  
25 G.B.S. devotee  
28 Right angle  
29 Island farewell  
30 Shelter from the storm  
32 Riga resident  
34 Barrel  
35 Denomination  
36 Flavour  
37 Current measure  
40 Supporting  
41 Laugh-a-minute  
42 Flood-related  
47 Misfortunes  
48 As one  
49 Lotion additive  
50 Baby food  
51 Roy's wife

## Crossword down

- 1 Venomous viper  
2 Teeny  
3 Listener  
4 "Quiet!"  
5 Nursery feature  
6 Can. neighbor  
7 Famed social-realist painter  
8 Sound of Music song  
9 Secondhand  
10 Refuse  
11 Big book  
13 Egg  
19 Volcano's outflow  
20 Expert  
21 Hang out in the hammock  
22 Gaucho's weapon  
23 Young hog  
25 Cut into slivers  
26 "Sad to say ..."  
27 Egg container  
29 State with conviction  
31 — out a living  
33 Dangerous fly  
34 Chiseled  
36 Racetrack adviser  
37 Met melody  
38 Pepper dispenser  
39 Horseback game  
40 Buy, renovate and sell quickly  
43 — pinch  
44 Greek mountain  
45 Every last bit  
46 "Science Guy" Bill

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	9	6	4	2	1	7	5	3
4	3	2	5	6	7	8	1	9
5	7	1	8	9	3	4	6	2
3	8	9	7	4	5	1	2	6
7	1	4	6	3	2	5	9	8
2	6	5	1	8	9	3	7	4
6	2	7	3	1	4	9	8	5
9	5	3	2	7	8	6	4	1
1	4	8	9	5	6	2	3	7

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

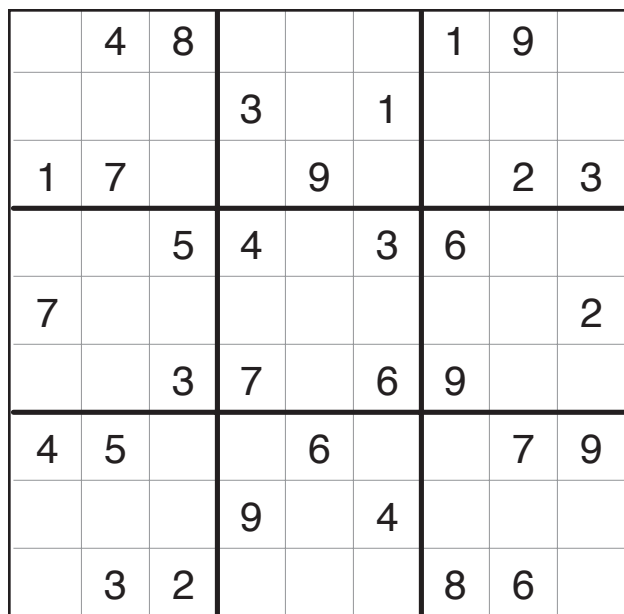
Under 13 min .....Genius  
13-17 min.....Scholar

17-21 min .....Smart  
21-25 min .....Not bad  
25+ min.....Keep practising

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## Metro Recipe of the Day



## Grilled Jamaican Jerk Chicken

## INGREDIENTS:

1 tbsp (15 ml) ground all-spice  
4 garlic cloves, minced  
1 tbsp (15 ml) minced fresh ginger  
1 large pickled jalapeno pepper, minced  
¼ cup (50 ml) white wine vinegar  
1½ tbsp (20 ml) light brown sugar  
1½ tbsp (20 ml) olive oil  
1¼ tsp (6 ml) black pepper  
¾ tsp (4 ml) salt  
4 boneless, skinless chicken breast halves  
8 scallions  
2 large red peppers, seeded and cut into 32 chunks  
24 canned pineapple chunks (about 1½ cups/375 ml)

## METHOD:

1. Combine allspice, garlic, ginger, jalapeno, vinegar, brown sugar, oil, black pepper and salt in large bowl. Measure out 2 tbsp (25 ml) of mixture and set aside. Add chicken to mixture remaining in bowl and turn to coat on all sides. Refrigerate 1 hour. (Don't leave chicken

longer than 1 hour or ginger and vinegar will start to break down the fibre of chicken.)

2. Trim scallions, leaving just a small portion of tender green. Cut each scallion into 3 pieces.  
3. Preheat broiler or grill to medium. On each of 8 long skewers, alternately thread 3 pieces of scallion, 4 pieces of pepper and 3 pieces of pineapple.  
4. Lift chicken from marinade and place chicken on baking sheet or grill. Brush reserved 2 tbsp (25 ml) spice mixture over skewers and place on baking sheet or grill. Cook, turning chicken and skewers once, until chicken is cooked through and vegetables are crisp-tender, 5 to 10 minutes for skewers, 10 to 15 minutes for chicken.

## SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



## Horoscopes

## AVATAR VENUS

## ARIES

MARCH 21-APRIL 20



Your charisma is a powerful attractor. Don't take any foolish chances. Shocking sounds will lead to benefits.

## LIBRA

SEPT 23-OCT 23



A cautious acquaintance assesses his life's progress. Attention-seekers need to get some work done. Help a friend realize the error of his ways.

## TAURUS

APRIL 21-MAY 21



Subtle testing baffles those close to you. A superficial remark reveals oppressive obligations. Disbelief about principles fires you up.

## SCORPIO

OCT 24-NOV 22



The strong support of friends is found to be essential. Interest and flattery come your way. Unprofitable associations will anger you.

## GEMINI

MAY 22-JUNE 21



A supervisor insists on rules being obeyed. Meet with a fiery playmate for a lucky break. Don't butt heads with a spoiled brat.

## SAGITTARIUS

NOV 23-DEC 21



A kind-hearted associate will act with firmness. Paranoid fantasies feed on unexpected adventures. Ponder on the sublime.

## CANCER

JUNE 22-JULY 22



A romantic fling with a moody person is likely. Correct your reaction to somebody's oversensitivity. Frenzied activities will encourage you.

## CAPRICORN

DEC 22-JAN 20



A tasteless maverick is eye-catching. Take delight in your trials and tribulations. Tell an idiot how obnoxious he is.

## LEO

JULY 23-AUG 23



You'll find a mistake by accident. Be passionate, but carry on with the chores. Some people must always try harder to succeed.

## AQUARIUS

JAN 21-FEB 18



Answer all questions and banish doubts. Information you requested finally comes through. Come to grips with your next challenge.

## VIRGO

AUG 24-SEPT 22



A nonchalant stranger wants to meet with you. A money predicament is followed by an unexpected profit. You'll adapt to change at a moment's notice.

## PISCES

FEB 19-MARCH 20



An outsider forces you to bite your tongue. It's fruitless to deny your true feelings. Rage rises when insecurities are exposed.

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BY TRICKY RICKY KANE

- Dog pest's lock openers (1)
- Primary Copenhagen native (1)
- Social equal's crying droplets (1)
- Kingly pooch like Snoopy (2)
- Cauldron stirrer's thumb rides (2)
- Magnificence stopper (2)
- Politically biased craftsman (3)

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

ANSWERS  
1. PLEAS KEYS 2. MAIN DANE 3. PEERS TEARS 4. REGAL BEAGLE  
5. WITCHES HITCHES 6. SPLENDOR ENDER 7. PARTISAN ARTISAN

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